

# **Show Us How You** **#CelebrateSafelySD**

Help minimize the spread of  
COVID-19 this holiday season. Post  
a photo of how you're celebrating  
Thanksgiving safely!



**LIVE WELL**  
SAN DIEGO

# Wash Your Hands

Wash your hands for at least  
20 seconds when you:

- Touch your eyes, nose, and mouth
- Touch unclean surfaces or objects
- Prepare or eat food and drinks



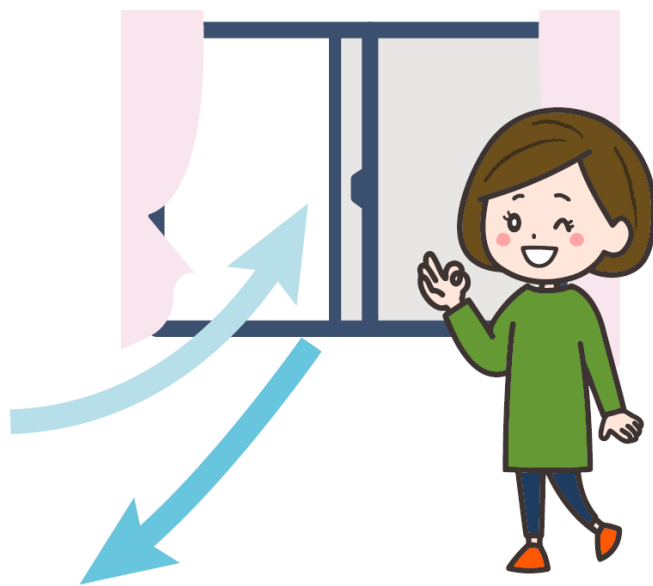
# Have a Virtual Thanksgiving Dinner

Host remote events through video calls with family and friends. Send a pre-made Thanksgiving dinner or ingredients through online food delivery services and eat together virtually.



# **Avoid Crowded and Poorly Ventilated Spaces**

Try to keep a distance and steer clear of large groups and crowds. And where there is a gathering, make sure the area is well ventilated.



# Cover Your Nose and Mouth With a Mask

Wear well-fitting masks over your nose and mouth when out in public. For better protection, pick a mask with multiple layers of material.





# **Donate Food to Food Banks & Pantries**

Donate food and grocery products to charities at drive-through mobile pantries, or through an online food bank fundraiser.



# **Shop Online Rather Than In-Person**

To help avoid crowds, consider shopping for Black Friday deals. Especially avoid in-person shopping if you are feeling unwell.

